

# P.E. building to change campus

by Brian McNicoll

Following the mystery of "who's moving what department where" that surrounded the business complex during its building, Dr. James Bates, chairman of the department of health and physical education, wants to do a little clearing up even before any rumors begin about the P.E. building under construction.

The new facility is ticketed to open in 1982 and if this summer's weather is anything like a year ago, completion could be sooner.

Just what the new building will add for students and faculty is still up in the air, but Bates is willing to give his views on the subject.

Probably the biggest question concerns a possible move of the intramural department, currently housed on the second floor of the University Center. Right now no

move is planned to the P.E. complex and the second floor is where the intramurals will stay.

"It is important," said Bates, "that people be housed where they are responsible to."

He does not, by any means, purport to try to keep intramurals out of the building. "Anyway they (I.M. dept.) can use it, they will be encouraged to. That's part of it."

Bates says the three purposes of the structure will be instruction, intramurals and recreation.

"It will change the campus completely," added Bates, who is probably more excited about the possibilities of the building than anyone else. "It will create interest by not having to travel for our activities."

Currently, bowling, swimming, badminton and other physical education classes are held at off

campus facilities. It has long been a source of great sadness to many members of the faculty and student leaders to see 90 percent of the student body jump in their cars and wait in line to leave the campus just past noon everyday.

"We must get more people to stay here," said Bates. "This will help our overall functions as a school."

Bates also stresses that the physical education building will be for the use of the students. The facility will feature six racquetball courts, a championship basketball court which can be converted into two regulation basketball courts with added goals, an indoor running track, a gymnastics room, a weight room, an adaptive P.E. activity area, an indoor heated swimming pool, classrooms and, of course, faculty offices.

Chancellor Grady Bogue has formed a feasibility committee to study intercollegiate athletics here at LSUS.

"Right now, we are finding out what other people are doing," says Bates. "We are looking at several possibilities."

The physical education chairman believes we can only limit ourselves as far as the long range goals of LSUS intercollegiate athletics. "It depends on what we are willing to do," adds Bates. "We're little, but we're big enough. If Centenary can play Division I basketball then we can too."

Will the center ever be prowled by star college athletes who happen to be the home team? A good question and according to Bates, this is a possibility.

It will be interesting to see how it is solved.

## ALMAGEST

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Louisiana State University in Shreveport

Friday, February 13, 1981

## Reagan may ax student aid

by Jack Mitchell

Financial aid for students may fall victim to the Reagan administration's budget cutting ax in 1982. In a proposed plan released last week by the Office of Management and Budget, guaranteed student loans, basic educational opportunity grants and Social Security benefits to students are among a list of social programs to be trimmed down or eliminated.

Although the specifics of the budget cuts will not be made public until Feb. 18, the proposals call for guaranteed student loan applicants to be subject to "need" for determining eligibility, and for a lowering of federal interest subsidies on student loans. These moves are expected to save the nation \$878 million in 1982.

The basic educational opportunity grant program, under the cutback program, would be reduced by \$150 million per year through stricter income eligibility limits. The Social Security aid for students with more than four years of college will be phased out altogether for an estimated \$700 million savings.

Ed Chase, director of student financial aid at LSUS, said although the specifics of the budget cuts program have not been released, the Middle Income Students Assistance Act of 1978 probably will be where the cuts begin.

The Act, which passed in the middle of the Carter term, eliminated any income criteria for eligibility in the student loan program. It expanded requirements for the grant program to

include students from families earning \$20,000 or more per year.

Chase said that the lowering of federal interest subsidies on guaranteed student loans will make it more difficult to obtain a loan. The federal subsidies pay the interest on the loans while the student is in school and makes up the difference between the 7-9 percent the student pays and the current competitive interest rates. He said the cuts will lead to less incentive for local banks and credit unions to participate in the program.

Chase said that the financial aid office is well publicized on campus, but there are still many people who do not apply for aid.

"They assume they won't qualify," Chase said.

## Athletic program to aid LSUS

by Karen Rosengrant

Having intercollegiate athletics at LSUS would increase enrollment and enhance the relationship with the community, the top official of the Trans-America Athletic Conference said at the athletic feasibility committee meeting on Wednesday.

Bob Vanatta, TAAC commissioner, said that even though "intercollegiate athletics have taken some black eyes recently," the athletic programs have grown stronger through good supervision.

The athletic feasibility committee will decide in August if LSUS will have an intercollegiate athletics program.

Vanatta discussed the various associations LSUS could join if they decided to enter intercollegiate athletics.

He said it would be more lucrative to join the National Collegiate Athletics Association instead of the National Association of Intercollegiate Athletics because there are not many NAIA colleges in this area for LSUS to compete against.

To become a member of the third division, the university must participate in at least four sports. Small universities usually join this division because athletic scholarships are not given.

Being a commuter college would not prevent LSUS from becoming a member of the larger divisions. There are commuter colleges in all NCAA divisions. They give a housing allowance to the students with athletic scholarships.

All divisions of the NCAA have the opportunity to enter national championships, Vanatta said.



Dr. Ruth Tiffany Barnhouse

## Psychiatrist to speak about stereotypes

by Margaret Dornbusch

A noted psychiatrist and Episcopal priest will be the guest at the sixth program of the Artists and Lecturers Series, which will be held Wednesday at noon in the University Center Theater.

The Rev. Dr. Ruth Tiffany Barnhouse, will discuss social stereotypes and physical conditions of men and women. The title of the talk is "Distinct Roles, No! Real Differences, Yes!"

Dr. Barnhouse, who holds an M.D., is presently professor of psychiatry and pastoral care at the Perkins School of Theology at Southern Methodist University, and was ordained a priest in the Episcopal Church in June, 1980.

Barnhouse is certified by the American Board of Psychiatry and Neurology, and is a Fellow of the American Psychiatric Association.

She has published two books "Male and Female:

Christian approaches to Sexuality", and "Homosexuality: A Symbolic Confusion," and writes for theological and psychiatric journals.

Dr. Barnhouse has also served as staff psychiatrist at McLean Hospital in Boston and as a clinical assistant in psychiatry at Harvard.

She is a graduate of Columbia University and the Weston College School of Theology. The first woman and first layperson to become a Fellow of the College of Preachers in Washington, she now serves on its council.

Dr. Barnhouse has also been a member of the Task Force on Men and Women for the World Council of Churches and a delegate to the Anglican-Roman Catholic Commission's special consultation on women and the priesthood. William McCleary, said that the talk should be especially interesting to psychology majors.



# Spiritual inertia: can we solve it?

LSUS should be proud of itself. After all, the school's enrollment figures continue to climb. New buildings are cropping up almost as fast as students vacate the existing ones at noon. LSUS, it seems, is a school on the grow — physically, that is.

In truth, a school which seems bustling with growth actually is stunted — by a spiritual inertia.

Indifference. We've heard so much about it here that when anyone mentions it, we tend to smile, shrug and continue on to class or to the teachers' lounge. That's a typical — and apathetic — reaction to the issue.

LSUS lacks a college atmosphere. In terms of school spirit, LSUS is a hollow shell when compared to other area colleges.

A university which proudly touts academic superiority must, in the same breath, hang its head and shamefully admit its action-oriented inferiority.

Apathy and inertia go hand-in-hand here. The solution to the problem can be found in two words: school spirit.

But just how does one inject school camaraderie into the student and faculty body of a "commuter university"? The answer is simple: begin by taking the "commuter" out of "university."

LSUS is at a crossroads in growth. It can either continue adding only academic buildings to attract more students, or it can get to the root of the problem by addressing the school spirit issue directly. How? Well, do the old issues, "athletic program" and "dormitories," ring a bell?

An interschool sports program is sorely needed here. The current excuse is a lack of revenues to fund such a program. We are told to be patient; after all, the future health and physical education building will spur development of an athletic program.

But Chancellor Bogue has made it clear that although the facility will be "supportive" of an athletic program, it isn't designed as a primary promoter in the development of a sports program. Spectator facilities are not included in the HPE building's construction plans.

No college atmosphere, high apartment rent, the growing energy crunch and the loss of potentially good students to other universities are just some of the reasons why LSUS needs dormitories, students and faculty agree.

As one professor has said, Shreveport is the only "major urban center in Louisiana without upper-division residences." Supposedly, area colleges are opposed to the idea — dorms at LSUS would draw their students away. So what? If dorms could increase enrollment and — more importantly — school spirit, then LSUS must act. NOW.

An athletic program and dormitories should be included in LSUS' \$24.5 million five-year capital outlay request. LSUS is a good university, a growing university. But it must be united — with school spirit and pride. The apathy caused by a commuter school existence can be erased by adding an interschool sports program and dormitories.

As Dr. Bobby Tabarlet told a newspaper reporter last spring, "We have to accept the role as being truly a university, rather than as a commuter college. We've got to stop thinking of ourselves as LSU down on Highway 1."

— Donna O'Neal

## Another view

It's that time of year again. Time for the apathy issue. Time to complain about student apathy on campus.

Why bother?

Apathy, after all, is often a good thing. It creates harmony between students and faculty. And harmony, after all, does help smooth over the irritants of campus life. Studying is enhanced when students are not distracted.

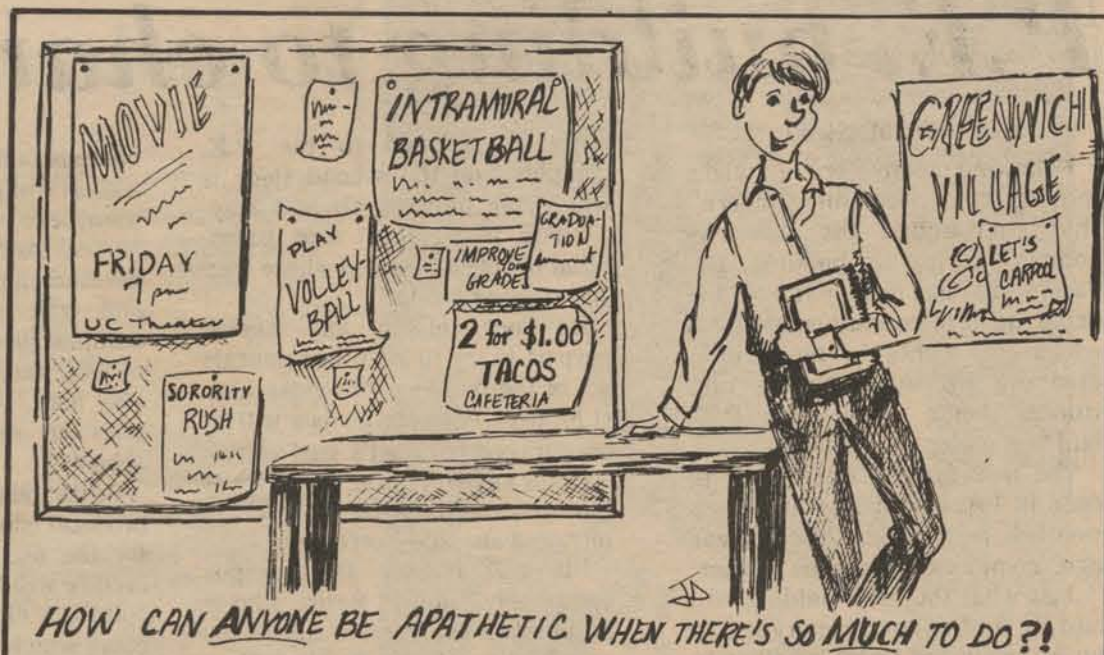
Why, we ask, should people want to change such a pleasant and constructive situation at LSUS?

Evidence exists that some people want to do just that. Some misguided souls are trying to change this campus from one of student apathy to one of student involvement.

Fortunately, these people's exhortations and publications have had little, if any, effect. Most LSUS students have not the slightest intention of changing anything. And quite rightly.

Why should students want to change such a good thing?

Steve Bannister



## Student Forum Creationism versus evolution

Recently proposed legislation requiring the teaching of creationism along with evolution in our public schools has received much criticism. Many people believe that such legislation would hurt our educational institutions.

Creationism, as most of us are taught, is only for typically narrow-minded traditionalists. Actually, there seems to be much scientific evidence which supports creationism over evolution.

Briefly, evolution teaches that life began millions of years ago when lightning struck some protein-rich ingredients and life was formed. As the primitive life form underwent genetic changes from mutation, certain qualities which were better suited for the environment survived and were incorporated into the organism. Over these millions of years, man, along with all other creatures, evolved from this process.

An immediate problem with this theory is the concept of spontaneous generation. This is the belief that life can be created from lifeless chemicals. There have been no scientifically observable instances where life has been created without life.

Dr. H. Douglas Dean, professor of biology at Pepperdine College in Los Angeles said, "When the scientist seeks the origin of life, he can only determine that every living organism comes from living organisms." Thus, spontaneous generation is not verifiable.

Mutations play a vital role in the theory of evolution. These genetic mishaps supposedly bring about the change that, over millions of years, could form a complex man from a simple microscopic organism. Mutation theory, however, has serious drawbacks.

Dr. Bolton Davidheiser, biologist and creationism proponent, writes that almost all mutations are detrimental to an organism. Only on rare occasions can certain mutations be considered helpful. He cites a study by mathematicians who found that even the great amount of time evolutionists say has passed would not be sufficient to produce this much change.

Fossil evidence favors creationism. No "missing link" has been found to bridge the gap between man and animal. Moreover, primitive and modern fossils of man are found in contradicting chronological sequence.

Modern fossils are found in deeper layers than primitive fossils. In addition, there is some difficulty in defining what a "modern" and "primitive" fossil is. Different skull shapes and even skull sizes have no bearing on intelligence.

Dr. E. J. H. Corner, professor at the Cambridge University Botany School, said, "Much evidence could be produced in favor of the theory of evolution from biology, bio-geography, and paleontology, but I still think that to the unprejudiced the fossil record of plants is in favor of special creation."

Finally, nature seems to contradict the theory of evolution. Eyes evolving from organisms that had no eyes at all are difficult to explain. The plume of a peacock, the civilization of honeybees, and the inborn migratory instinct of birds all challenge mutation and survival of the fittest.

Evolution isn't proven. But our schools teach it as fact, with no alternate theories receiving attention. Perhaps it's not the creationist that is narrow-minded and consumed by tradition. Perhaps it's our society.

Steve Hennigan

### STUDENTS & FACULTY: Spirit or Apathy

Let us know how you feel. Send your letter to the *Almagest*.

The *Almagest* encourages letters to the editor and student forums on subjects of campus-wide interest. All letters must be signed although a name may be withheld upon request.

Letters should be kept to 300 words or less, and should be typed and double-spaced. Deadline is 1:30 p.m. Tuesday in the *Almagest* office, Room 328 in Bronson Hall.

The *Almagest* reserves the right to correct all grammatical errors and omit any unfit material.

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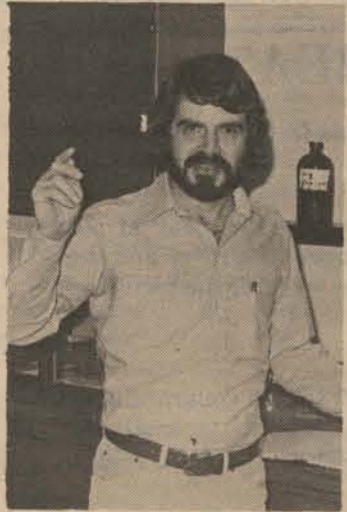
# Nuclear waste—emotional issue

by Marguerite Plummer

With decision-making time drawing near, the political controversy over storage of nuclear wastes in the salt domes of Louisiana and Mississippi has become an increasingly emotional issue.

The spectacular collapse of the Jefferson Island salt dome after a drilling rig's penetration of the mine allowed water to move in and dissolve the salt added to the fears of what might happen should radioactive materials be stored in salt domes.

Dr. Ronald A. Martin, associate professor of chemistry and a specialist in environmental



Dr. Ronald Martin

chemistry, explained the rationale for storing nuclear wastes in salt: "The assumption is that a deposit of salt is geologically stable. If it has been in place for many years, it is assumed secure against water. The only danger is water — if water should get in contact with the salt and move out, carrying dissolved salt and radioactive chemicals with it, then it would probably contaminate the water table."

The Jefferson Island salt mine collapse resulted from the apparent lack of coordination of the drilling location with the salt mining efforts, according to Martin, and this "blunder" heightened the emotional aspect of the issue and further lessened public confidence in the government studies of proposed sites.

There is limited choice of storage sites for nuclear wastes — salt, granite or artificial sites; and salt is the most available. "If it is determined that the water is stable," Martin said, "then I have no problem with the storage of nuclear waste there."

High on the list of preferred sites are those

within 30 to 60 miles of Shreveport, and if these sites prove technically feasible, Martin believes "we will see some compromise."

Aside from the problem of radioactive waste storage, Martin said that "nuclear power is a misleading source of energy, in that we are presuming it is a cheap, plentiful source." But nuclear plants have a life of only 30 to 40 years, and "it is going to be extremely expensive to shut one down and dismantle it."

Martin is an advocate of a diversified approach to energy, "but it can't be done in a shotgun effort. We have limited resources, and we should select the most promising direction and concentrate our resources in that direction."

Louisiana is the second best region in the country for solar power, he noted. "We have forest products, lignite, and resources for production of fuel from biomass. We have the possibility of diversification, but the great influence of the petroleum industry in this state tends to discourage development of alternative sources of energy."



(Photo by Kay Martin)

## Beware of thieves!

by Monica Houston

Students cannot hold LSUS responsible for their own carelessness.

If a student leaves books, a purse, or anything else of value in a car, he is asking for trouble. Many of us would like to think that our belongings are safe on the campus, but unfortunately, it is not so. Campus Chief of Police Claude Overlease urges students to protect themselves by putting these tempting items out of sight. He says that your trunk would probably be the safest.

Stolen property is not the only problem. Students are probably aware that 25 mph is the speed limit on campus, but many do not know that it is 5 mph in the parking lot because there are no signs.

Most students do not pay any attention to the speed limit, and Overlease is aware of the careless and reckless driving that is taking place in the parking lot. Our campus police have not really enforced this speed limit yet, but if students don't slow down and drive with caution,

some action will be taken.

The campus police are mainly here to help the students, Overlease said, but they are also here to protect the innocent from those who do drive dangerously. In addition the campus police are just like city police. In case of an accident, Overlease said the cars should not be moved, and the campus police should be contacted immediately.

Overlease said many students who receive parking tickets receive them for parking in a handicapped or reserved parking space, for not having a parking sticker or for backing into a parking space.

These are all violations which will cost the driver. It is a lot cheaper to just follow the few rules that the campus does have. Also, those who do have tickets need to pay them, Overlease said.

Waiting won't reduce the fine, and you may forget about it, he said. Then you won't receive your final grades for the semester, because of the unpaid fine.

## Enrollment increases 8.2%

Final tallies for spring enrollment show an 8.2 percent increase over last spring's figures making this the largest ever spring enrollment with 3,463 students, according to officials on campus.

In keeping with the trend of spring enrollment, this is

about 10 percent less than fall enrollment totals of 3,755.

Of the total enrollment, 313 are graduate students, a 25 percent increase over 1980. A further breakdown reveals that 1,760 students are full time, 1,694 are part time and 1,034 are evening students.

## Scotland, Wales included on tour

by Barbara Wittman

A six-week study/vacation is again planned with the LSUS Foreign Study Program June 9 through July 22, according to Marilyn Gibson, assistant professor of English.

This year the program will include a two-week tour of England, Wales and Scotland via a private bus, with accommodations in

stately homes, colleges and palaces.

Participants can take part in the two-week tour only or in the full six-week program.

Including airfare, cost of the two-week tour from June 9-24 is \$1,600. For an additional \$800, participants can also spend four weeks in College Hall at the University of London within walking distance of Lon-

don's shopping district. The price includes three meals a day in the country and two a day in London.

Guided field trips to museums and sites of literary, artistic and historic interest will be conducted by Gibson and David Horner, assistant professor of art.

Participants may earn six hours credit in art, English, history, humanities or graduate education, or may just go for pleasure. A \$200 deposit is required with each reservation.

While the program is primarily intended for persons enrolled in college, an increasing number of post-college adults have participated in recent years.

A reception-meeting will be held at 4 p.m. Sunday for those interested at David Horner's, 727 Wilkinson.

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## Manifest

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# Friday plus 13 evokes fear in many people

by Karen Rosengrant

In an age of technology, modern medicine and science, one would not expect to find many superstitious people.

Nevertheless, Friday the 13th seems to bring out the irrational in many people.

Both Friday and the number 13 are supposedly unlucky by themselves; however, when the two fall on the same day, the results are disastrous.

Friday is unlucky because of its association with the crucifixion of Christ. Babies

born on Friday and marriages begun on Friday are said to be ill-fated.

Other superstitions are associated with Friday, too. For instance, if a person tells someone on Saturday about what he dreamed Friday night, the dream is supposed to come true. Also, if a person turns his bed on Friday, he will develop insomnia that night.

The number 13 causes even more misfortune. Supposedly if 13 people are at a dinner party, either the hostess will have bad luck or

one of the guests will die within a year.

Some people are so fearful of 13 that many hotels do not have rooms numbered 13 and many buildings do not have a thirteenth floor.

Some believe 13 is unlucky because of its association with the "Last Supper" at which Jesus told his twelve disciples that one of them

would betray him.

Others believe the fear of the number started with the myth of the Valhalla banquet.

The myth tells of how the gods' favorite, Balder, was killed when the Spirit of Strife and Mischief, Loki, intruded the banquet held for twelve of the gods.

Because of their dread of

the day, some people will not travel on Friday the 13th. A few even refuse to leave their houses on this misfortunate day.

The only ones who are supposed to be lucky on Friday the 13th are those who were born on the 13th. If this is true, at least those people have two more lucky days coming this year — Mar. 13 and Nov. 13.



# 'Shrinking Woman' bland

by Margaret Dornbusch

"The Incredible Shrinking Woman," starring Lily Tomlin and Charles Grodin, is one of those little comedies that tries hard to get laughs but seldom does.

The plot is simple. Through a combination of household products and samples her husband brings home to try, Tomlin develops an allergic reaction that starts her shrinking.

With the exception of Tomlin, the cast seems plastic. Emotion, when shown, is faked. Charles Grodin as Tomlin's husband adds nothing to the film. He comes across as very bland.

Ned Beatty as Grodin's wishy-washy boss and Henry Gibson as the diabolical doctor are passable, but one gets the feeling that they are not right for their roles.

Tomlin saves the film from becoming totally inane. She portrays the housewife with compassion. Tomlin makes us believe that she is really shrinking.

Variations of slapstick comedy are used later in the film to try to get laughs. Sometimes it works and sometimes it does not,



Lily Tomlin shrinks in the supermarket

although the children in the audience thought these parts were funny.

If one does not think about it too hard, or too long, "The Incredible Shrinking Woman" is entertaining

even if it is silly at times. This film appeals more to the younger set.

"The Incredible Shrinking Woman" is now showing at the Shreve City Twin and South Park Cinemas.

## GREEK BEAT

ZETA TAU ALPHA

Zeta Day will be March 28. Zetas from the northern part of the state will meet for the day's activities at Centenary College.

A picnic for the chapter and rushees is today at noon. Everyone should meet in the University Center and bring a sack lunch. Depending upon the weather the picnic may be at Betty Virginia Park.

PHI DELTA THETA

Louisiana Delta chapter would like to congratulate its Little Sisters. They are Lisa Gamble, Janie Griffen, Melanie Helms, Janet Kozak, Sherrie McClain, Melanie McKnight and Pam Moreau.

## REVIEWS

by Phil Martin

Rockpile, Seconds of Pleasure — Essential. At least. A truly fine debut from a band that has been together for years, but unable to record under the group name because of conflicting contractual obligations. Lousy cover art. A sense of humor, fine harmonies, and some stinging rock and roll. English vets enraptured by American pop, they write new songs that sound old, and cover old songs that sound new, bringing the whole rock and roll circus throb back home in perspective. A plus.



Inside Jokes and asides: To someone who cares — I'll review the new Dolly Parton album as soon as I stop laughing. I've heard "House of the Rising Sun" done lots of ways, even Santa Esmeralda's disco version, but this is the silliest one yet. I hope she doesn't mess up "Deportees" as badly.

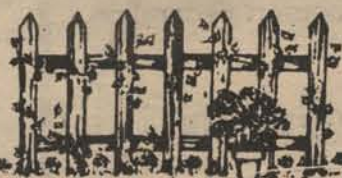


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## Mysterious St. Valentine

# Who was that masked man?

by Annette Caramia

Seventeen hundred years ago, a young priest known as Valentinus liked to wander around the city of Rome performing valiant services and wearing a smile for all he met.

Little did he know then, but Valentinus was soon to be beheaded and martyred for his Christian good deeds. His death has been recorded in history, and his feast day, Feb. 14, is celebrated by lovers all over the world.

But are we remembering the right man when we send flowers and candy and greeting cards on St. Valentine's Day?

Another man, a bishop from Terni also known as Valentinus, wandered the countryside about 40 miles from Rome also doing good Christian deeds.

This bishop was beheaded on the same day as the priest, Feb. 14, 1700 years ago in Terni.



Will the real St. Valentine please stand up...

Some theologians argue that the two men were one and the same. They say that Valentinus was shuttled to Terni for his trial, then beheaded in Rome. Apparently the Romans and the Ternians both wanted to claim the soon-to-be saint as their own.

But other theologians claim that evidence exists to support a dual-Valentinus theory. If this theory is true, then the two St. Valentines must have looked alike, talked alike and walked alike, much like Patty and

Cathy in the old Patty Duke TV show.

The only sane explanation is that St. Valentine was cloned at an early age. Both clones must have followed the same preordained destiny and now share the publicity on St. Valentine's Day.

So no one really knows which one to blame for the traditional expense of sending a dozen red roses to your sweetheart on Feb. 14.

One St. Valentine may be innocent.

## Prizes announced for history awards

by Leslie Bland

Guidelines and prizes have been announced for the Overdyke Awards to be presented by the North Louisiana Historical Association on April 25.

Deadline for submitting entries is April 1, 1981.

A \$50 first prize will be awarded to the graduate and undergraduate student submitting the best articles on a particular aspect of North Louisiana history.

Second prize of \$30 and third prize of \$25 will be given in both of the categories.

Also, a first prize will be awarded for the best article written by a junior or senior high school student.

Everyone submitting an article must be certified as a student by a written memo from a faculty member.

Articles must be typed,

doubled-spaced and should not exceed 20 pages. Footnotes should be included.

Entries should be mailed to: North Louisiana Historical Association, Box 860F Tech Station, Ruston, La. 71272.

Winning articles will be printed in a future edition of the "North Louisiana Journal," the publication of the North Louisiana Historical Association.

"Students gain recognition by having their articles printed in a professional historical journal," said Lee Mussleman, president of the North Louisiana Historical Association.

Winners will be presented at the annual spring luncheon of the association, which will be held April 25, in the Centenary cafeteria.

## Diet, exercise may prevent heart attacks

by Sharlynn J. Knarr

Heart attacks, death - subjects which are not exactly on the minds of most college students. The average college-aged person usually only thinks of heart attacks when a parent or grandparent dies. Even then, it seems so remote. We usually refer to death due to heart attacks as "natural causes." Nothing could be further from the truth.

Heart attacks can, and do, occur at any age. They are more common in the 40 and older category. They are not

due to natural causes; rather, they occur after years of neglect. The body is a complicated machine. It was not built to function properly on little or no exercise and what Americans have come to fondly know as "convenience foods."

After a person suffers a heart attack, and lives, he is advised to give up all salt, smoking, and to restrict sugar intake. Giving up salt means not only table salt, but also salt found in condiments, canned foods, ham, lunch meats, and

other processed foods.

The ideal diet for optimum health falls far short of the American diet. Just one look at a hospital medical ward or even your own medicine cabinet will tell you this. White flour, sugar and salt should be avoided at all costs. Instead, fill those candy dishes with dates or figs, replace soda with natural fruit juices, keep fruit in view for between meal snacks, and sunflower seeds or unsalted nuts for nibbling.

This advice is a step in the right direction, but is far

from complete without exercise. No, I'm not advising you to run out and join a health spa or start on a rigorous running program, unless of course, that is what you want to do. Instead, try including exercise in your daily life. If you live within a few miles

of school or work, try walking or riding a bike. Roller skating, tennis and swimming are not only great exercise but also a lot of fun. Use your imagination.

Whatever exercise you

come up with, be sure that you do it regularly. Don't make it something that you'll feel guilty about if you miss one day. Just get out and enjoy.

Don't take a visit to an intensive care unit as your first signal of ill health. Your body is trying to tell you something if you suffer from headaches, fatigue, lack of energy or obesity. Get up and do something for yourself. Fight for the rest of your life. And remember, that first hospital visit may be your last.

## 'Burned flesh smells'

# Death stalks the overweight, lazy person

by Sharlynn J. Knarr

The blood-red light blinked off and on while the florescent-green, squiggly lines danced dizzily, the minutes slowly ticking by. Everyone was quiet. Perhaps too quiet.

The light was blinking less frequently - then stopped. The green complex became a solid line. Somewhere, an alarm shrieked.

"Oh my God - Someone call ER - Code 4!"

"Press those paddles down - no time for jelly!" Burned flesh smells. "Is he breathing?" Tilt that head back - four quick breaths. "Damn! Still nothing." Gentleness won't cut it here; it never has. A few broken ribs are nothing. "Dear God, just start breathing again!"

IT'S SEEN too often, much more than need be. But all the same, working in a cardiac care unit, you know it exists.

"Thank God! He's coming around." Please, open those eyes -

don't let them roll back into your skull. "Try, damn it, TRY!"

But you're trained, you know better. The odds are against him. He's 56 years old. That tire around the middle? He's just a little "too healthy." The cigarettes? He promised that someday he'd give them up. Exercise? No time for that; the job is too hectic. He has to get back, even if his blood pressure is elevated. These are habits. They seemed harmless enough. There would always be time to diet, exercise and quit smoking. No need to rush. Life is for enjoyment. He just didn't think his habits could hurt. He just didn't think.

YOU DEAL with this everyday, growing less sensitive and more intolerable to excuses. But still it hurts; still you cry - no matter how professional you're trained to act.

The American Heart Association and other prominent organizations have been on the soapbox for

years. Your body cannot run properly unless it's treated well. There's no sense in regurgitating the cardiac risk factors. Everyone has heard about smoking, weight control, daily exercise and nutrition.

"Don't bore me with dreary details. I'm young and healthy. My body can take it. Don't tell me about that stuff 'cuz I don't care."

I don't care.

"Hello...I'm calling from the cardiac care unit at the hospital. There's been a change in your husband's condition. Could you have someone drive you down here?"

Who's going to tell her what's already running through her mind?

He's dead.





# Campus Briefs

## Courses

The LSUS division of conferences and institutes will offer two courses this spring as part of the Lifelong Learning program.

Louisiana History will give a brief look at some of the people and events that have shaped the state.

This course meets Thursdays from 7-9 p.m., March 12-April 30, and costs \$30.

Speed Reading, a course designed to benefit the average or slow reader, will meet on Mondays and Wednesdays from 6:30-8:30 p.m., Feb. 16-March 11, and costs \$35.

For more information about these programs, contact the LSUS division of conferences and institutes at 797-5262.

## Placement Office

Representatives from the Harlingen Consolidated Independent School District in Texas will be on campus to interview any education major except history education majors.

Prudential Insurance will be interviewing for sales management positions. Any major is welcome.

All interviews will be held Tuesday.

A student wanting an interview must sign up in the Placement Office, Science 116, and have a resume and release form on file.

## Calendar

February 13

Movie — Barbara Streisand in "The Main Event." PG. Free with current ID, \$1.50 without ID. 7 p.m. in the UC Theater.

February 18

Artists and Lecturers Series — Ruth Barnhouse to speak on stereotypes of men and women. "Distinct Roles, No! Real Differences, Yes!" Noon in the UC Theater.

February 20

Play — Moa Afrika presents Judi Mason's "Wounded." 12:15 p.m. in the UC Theater.

The scheduled dance has been cancelled.

## Conference

A one-day conference on teaching English designed for junior high and high school English teachers will be held Saturday at 9 a.m. in the University Center.

The conference will be led by Dr. Elizabeth Cowan, a nationally known writing expert, associate professor of English and assistant to the president at Texas A & M University.

## CODOFIL

The Council for the Development of French in Louisiana and the French government are sponsoring scholarships to study in France. Students eligible are French majors and minors.

Interested students should contact Joe Patrick, Bronson Hall 253, for information and application forms. Deadline for the scholarships is March 30, 1981.

The Council also offers programs to study in Quebec and Belgium.

## Caps and Gowns

Graduate students receiving degrees need to order caps and gowns from the bookstore. Orders will be taken throughout the month of February.

## 'Wounded'

Moa Afrika will present a play Friday at 12:15 p.m. in the University Theater Center.

The play, "Wounded," was written and directed by Judi Mason.

## Pi Sigma Epsilon

A local insurance executive will speak at the next meeting of Pi Sigma Epsilon Wednesday in the Webster Room of the University Center at 7 p.m.

James Ponder will speak on "Marketing in the '80s."

## P.S. I love you.....

Melinda Gayle Chance,  
Little girls are made of sugar,  
spice, and everything nice, and  
then there is **you**.

Tipton, Jeff, David, Lee, Johnny,  
Rodney — Thanks for all the  
support — Love y'all, "Crybaby"

The three "Experts" —  
Janet, JoAnne, Ed — Thanks  
and all my love—

Mel

Kim,  
Glad you finally made it —  
you're one of us—

Love ya—Big Sis

Phi Deltas,  
Proud to know such a great and  
close group of guys.

Little Sis (MJM)

Melinda Gayle Chance,  
You light up our life and house,  
especially at **four** o'clock in the  
morning.

J.A.D., C.T.W.,  
**2 U FROM US, LUV U LOTS!**  
M.K.B., W.M.L.

Bernie,  
Hey good lookin', what you see?  
You stole my heart. Happy  
Valentine's Day.

Love, Gigglesnort

LEA ANNE:  
**WILL YOU BE MY VALENTINE?**  
**J'AMORI TU TRES BIEN.**

MARK

To Richard,  
A Valentine for you in lieu of  
flowers.

Love, Zenaida

to Darrell Rebouche, from your  
secret fanclub.

Bon Appetit

Sharon, Marti, Carla, Maribeth,  
Your names are in the  
newspaper. Don't say Big Sis  
never gave you anything. Love you  
all.

Ellen and Nancy,  
Happy Valentine's Day!  
Your little sister with the Bassett  
Hounds.

Raymond,  
Thank you for all the love and  
support you have given me as I  
worked toward my college degree.  
With All My Love, Gertie

Dr. Finley,  
Luke will not get sliced; but  
Vader will get zapped.

Rebel Alliance

Robin,  
You make a beautiful difference  
in my life.

Love, Your Little Boy.

N.J.G.,  
Who is it going to be? Speak  
now or forever hold your peace.  
Tell us of your decision.

The Unwild Duo

Happy Valentine's Day Sandy,  
Ruth, La Tonya, Donna, Ellen,  
Barbara, Ken, Laura, Karen and  
Jason.

Cathy



TO JANEY

Let others say it with flowers  
and candy. We have been taught  
to say it in journalistic style —  
simply, clearly, in the fewest  
words possible:

For your unfailing graciousness  
in helping us find information,  
make contacts, keep  
appointments and meet deadlines,  
we say — simply —

Janey, we couldn't survive  
without you!

For your encouragement to  
each of us to do our creative best  
always, and your often-shared

conviction that one must never let  
the mind become stale, we say —  
clearly —

Janey, you're an inspiration!  
For your willingness to listen to  
our individual problems while  
juggling your multiple roles of  
secretary for one of the  
university's largest departments,  
wife of Gene, mother of four sons  
and one daughter, and LSUS  
student, we say — in the fewest  
words possible —

Janey, you're SUPERCALI-  
FRAGILISTICXPALIDOCIO!  
—The Almagest ..

ZETAS and BIG BROTHERS,  
**HAPPY VALENTINE'S DAY!**  
**LOVE, BRO**

Cathy,  
Love Always, Or

N.G.,  
Happy Valentine's Day!  
I Love You, S.M.

Raymond,  
Thank you for all the love and  
support you have given me as I  
worked toward my college degree.  
With All My Love, Gertie

To Richard,  
A Valentine for you in lieu of  
flowers.

Love, Zenaida



# Fashions...

*Sponsored by Moa Afrika*



*Photos*

*by*

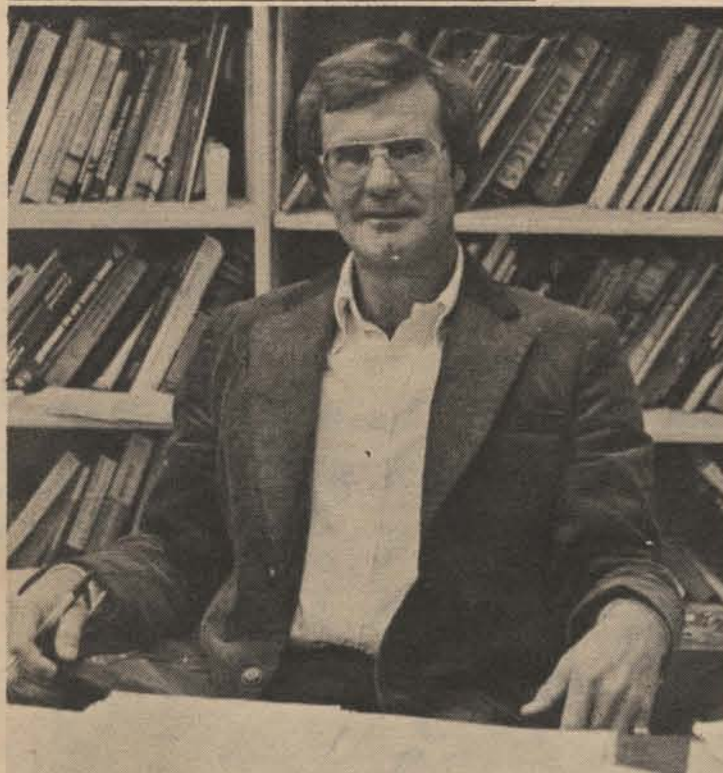
*Byron Stringer*



*Edward Allen models*







Homer Norris

(photo by Jyron Stringer)

## Norris tries to make learning less painful

by Michele Willeford

When Homer Norris, assistant professor of physics, first began teaching 16 years ago, he says he automatically assumed people would believe what he had to say; he thought his job would be simply to pass on and explain what he had learned.

He soon found out it wasn't just teaching that was involved—it was trying to convince people to believe what he was teaching. According to Norris, it "becomes a process of selling people on a better understanding of the physical world they live in."

The acquisition of knowledge is painful, he said, so he tries to make it as easy as possible.

Norris believes that people learn in terms of their past experiences, so he uses analogies when teaching.

Norris earned his bachelor's degree from the University of Arkansas and

his masters from New Mexico Highlands University. He did additional graduate work at the Universities of Washington and Arkansas before coming to LSUS in September 1968.

When reflecting back on changes in students over the 13 years he's been teaching at LSUS, Norris noted that in the early '70s, students were more idealistic. They chased dreams.

In the late '70s, students had a more practical approach. They may have liked archeology best, he says, but would work for a degree in accounting, since they knew that would help them get a job. They had become more realistic.

Students today are more goal-oriented in terms of a job and acquiring material things, he says.

According to Norris, "The pendulum has swung back."

## Students need marketable skills

by Sandra Ruffy

Wanted: Accountants and teachers.

Students majoring in accounting and education are in luck. Accountants and teachers are in great demand, said Phyllis Graham of the Placement Office. These two professions are followed closely by all jobs in business.

This was confirmed by

Tanya Freeman, an employee relations representative for Arkla Gas, who was on campus interviewing accounting and business students.

Arkla Gas needs accountants and secretaries Freeman said, as well as geologists.

Freeman's advice to college students is to have a "marketable skill" such as typing, shorthand or

communication skills upon leaving school. Then look for the "opportunity to develop the skills you have," she said. "Once you have developed those and have your foot in the door, you've got it made."

## Classified

Want to be Catholic PRIEST or SISTER? Ages 20 to 50. Contact Father Nigro, Gonzaga University, Spokane, WA 99258

### Sales People

Distributor for internationally known company, which is a leader in the knowledge, education, communication industry is expanding. Sales exp. desired but not required, due to intensive training program. To arrange appt. call: 742-4547, Mon. 4:30-6:30 p.m.

Male participants, smoking research 1½ hours per day, 5 days per week. Approx. \$10.00 per day. LSU Med. Center. Contact: Dr. Cherek, 674-6040.

Salesman needed. Newspaper Adv. salesman for the Broadmoor News. Commission, part-time. This community newspaper has been serving the area for over 51 years. Call Al Evans. 221-8327 or 631-1780.

## 3 students can participate in Washington symposium

The Center for Study of the Presidency Student Symposium will be held March 20-22 in Washington, D.C. A maximum of three LSUS students will be able to participate.

The theme is "Independence and Interdependence in the '80s: Canada, Commonwealth and the United States." President Reagan has been invited to give the opening address, and several members of his administration will participate.

Noted speakers include CIA Director William Casey and Secretary of the Treasury Donald Regan. Others are: Australian prime minister Malcolm Fraser, Steve Bell, news anchor man on "Good Morning America," and Judy Woodruff, NBC news White House Correspondent.

LSUS is one of a select group of schools that have been invited to participate, says Dr. Marvin Stottlemire. "The program is not limited to political science or history students. There is no reason that all students from all colleges couldn't benefit and participate," Stottlemire said.

The program will be a student symposium, with students expected to contribute to discussions.

Although Stottlemire is trying to get community leaders to finance the trip, students are expected to pay their own expenses.

Persons interested in going to Washington should contact Dr. Stottlemire by Feb. 20.

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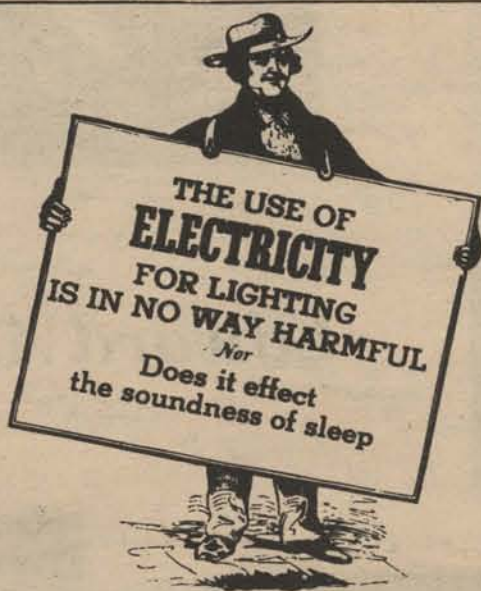
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